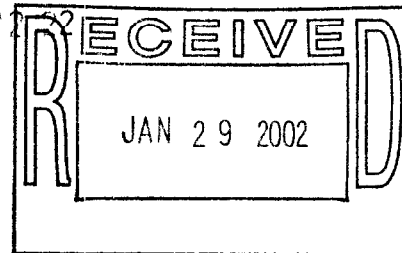


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January 15, 2002

Office of Nutritional Products
Labeling and Dietary Supplements (HFS-810)
Center for Food Safety & Applied Nutrition
Food and Drug Administration
200 C Street SW
Washington, D.C. 20204

Dear Sir or Madam;

This letter will serve as a 30-day notification, pursuant to 403 (r) (6) of the Federal Food, Drug & Cosmetic Act and regulations promulgated thereunder.

Product Manufacturer: Twin Laboratories, Inc.
150 Motor Parkway
Hauppauge, NY 11788

Text of statement being made: "Support muscle growth, fat metabolism, protein synthesis"

Dietary supplement ingredients: 20-Hydroxyecdysone, Methoxyisoflavone, Tribulus Terrestris Fruit Extract, Glucosol™, Inzitol™, Myricetin, Mucuna Pruriens Seed Extract, Alpha-GPC.

Dietary supplement brand and name: Twinlab ULTRA³ GROWTH FUEL CAPS

As required, enclosed are two photocopies of this notification.

The signee certifies that the information contained in this notice is complete and accurate, and that Twin Laboratories, Inc., has substantiation that the statement being made is truthful and not misleading.

Sincerely,

A handwritten signature in black ink, appearing to read "Neil Blechman".

Neil Blechman
Executive Vice President
Twin Laboratories Inc.

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Enclosures